BENGALURU, MONDAY, APRIL 18, 2022 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 31 | Min 21 | Humidity 80% Partly cloudy Sensex 58,338 | Nifty 17,475 | Gold 52,991 | Silver 69,100 | Dollar 76.32 | Euro 82.49 | GBP 99.73

RAIN STATS PAGE 5

EASY RIDER PAGE 7

Amid concerns about approach and approvals, another waterbody with a deteriorating ecosystem, trashed with chemical effluents and solid waste, was salvaged from brink

TO REVIVE A LAKE IN 44 DAYS, OR NOT

5-acre Gollahalli Lake is near Bannerghatta Main Road

| Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMIRROR

Techie-turned-lake activist Anand Malligawad has breathed life into another waterbody — the 5-acre Gollahalli Lake near Bannerghatta Main Road, that too in a span of 44 days.

In the five acres, an electricity sub-station occupies two acres. The sub-station is expected to be relocated in the second phase of the rejuvenation.

Prior to the revival, the lake was filled with chemical effluents released from the Jigani industrial area. The waterbody had become a popular dumping spot. Small restaurants and meat shops were discarding solid waste in the lake bed. Due to years of neglect, the aquatic ecosystem was depleted. The lake surface was covered in weeds.

Noticing the pitiful state of the lake, area MLA M Krishnappa reportedly approached Anand Malligawad in order to rejuvenate the waterbody. Consequently, Malligawad began to look for

CONTINUED ON PAGE 6 »

> **KTCDA approval is required while rejuvenating a lake. Rejuvenation must meet engineering standards and commence only after securing an approved DPR.** — Ram Prasad, Friends of Lakes

Why all's not cool at pools

Children swimming in pools within gated communities and apartment complexes, without being monitored by parents, at risk

| Iffath.Fathima
@timesgroup.com

TWEETS @BangaloreMIRROR

As the summer intensifies, people are drawn towards water. They are now engaging more in water sports and swimming to cool themselves. As a result, drowning incidents and swimming pool-related injuries are on the rise due to gaps in safety measures. Children are at risk — those who have been swimming in pools within gated communities and apartment complexes without being monitored by parents.

Seven-year-old Ganesh* drowned in an apartment swimming pool in Whitefield on April 2. Residents helped Ganesh out of the water; as the child was not breathing and was unconscious, they did chest compression for about five minutes before rushing to a private hospital along Varthur Road. As he was brought in sooner, the timely intervention saved him.

Dr Senthil Kumar SP at Manipal Hospital who treated Ganesh said, "Resuscitation measures were started immediately in ER

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Mood for play

Are you in the mood to catch a play but don't know if you have the time to sit through a long one? Here's your chance to watch a few short ones. Pravara Theatre and Ashvagosha Theatre Trust have are organising the Bengaluru Short Play Festival 2022 to stage short plays and bring the theatre fraternity together.
When: April 30, May 1 and 15; Where: Prabhath Kalapoornima, NR Colony; Details: 9686869676

02 Virtual camp time

The 3E Home School is organising an online summer camp, conducted by specialised online experts, for 5 to 12 year-old kids. The summer camp will include dancing, fireless cooking, fun and tricks with numbers, DIY science experiments, storytelling, robotics, yoga, gardening, art and craft and more. Enrol your kids ASAP for a cool and safe virtual summer.
When: April 18 to May 11; Where: Online
For registration call: 7829136768

03 Mould peace

Attend a trial workshop or sign up for a nine-session-long pottery class to learn how to handle a potter's wheel and mould beautiful ceramic and clay pieces. This is just the therapeutic hobby for you if you're an artsy soul.
When: Ongoing; Where: Lahe Lahe, Indiranagar
Cost: Rs 1,400; Register: bookmyshow.com

Covid deaths decrease

Are things looking up? Karnataka reports zero covid case fatality rate in past week

Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

All 30 districts reported zero per cent CFR

During the end of March, over 25 districts had reported a zero per cent covid case fatality rate (CFR). Bengaluru Urban, Hassan, Tumakuru, Dakshin Kannada and Dharwad reported high CFRs above one per cent and over all, Karnataka's CFR stood at 2.32 per cent. But in the last week, Karnataka's CFR, considering all 30 districts, has gone down to zero per cent.

Data from the state war room showcased that Karnataka has hit zero per cent CFR, with all the districts scoring zero per cent.

On April 10, Bengaluru Urban and Gadag still had high CFRs and Karnataka's CFR was even higher. However, the past week has seen a distinct change with Karnataka not reporting any new covid deaths and positive cases coming down.

> **"Number of covid positive cases has been low... zero deaths have been reported. Positive cases reported have been milder too**
> – A BBMP health official

49 covid cases in Bengaluru
Karnataka reported 54 new positive cases on Sunday with Bengaluru alone accounting for 49. There were no covid-related deaths according to the health bulletin. The test positivity rate has gone up to 0.75 per cent while the weekly positivity rate is at 0.63 per cent. With 31 discharges, 7,188 tests were conducted across the state.

"The number of covid positive cases has been low and in the past few days, zero deaths have been reported. The positive cases which have been reported have been milder too. Most states are reporting a low number of covid deaths. Overall, during the third wave, the death rate has been low," said a BBMP health official.

Within BBMP limits, there are only three active hospitalisations that have been reported under government quota admissions. One patient is in the general ward, another in the HDU and one more is in the ICU with a ventilator. All three patients have been admitted in the hospital for over 21 days and are taking time to cover. But so far, the death toll within BBMP limits remains zero.

With the emergence of the XE variant in some states in India, one definitely needs to follow covid appropriate behaviour (CAB), warned experts.

"People do not seem to care and are attending all functions and gatherings without masks. Following CAB is a must. Now with the new variant, the government must be vigilant and people must be responsible and follow CAB. Screening at airports and testing those with symptoms should be a must. This way cases can be kept under control," said a public health expert.

Experts pointed out the need for one to get their booster shots. "Since the government has permitted those 18 and above to get booster doses of covid vaccines... Those eligible must take the dose.

We have seen that during the third wave, double vaccination played a role in keeping cases mild. Likewise, booster shots will be helpful to keep the numbers of positive cases and deaths low," said the expert.

Don't let II PU exams pull you down

Students are feeling stressed and afraid due to the exams and anxiety levels are rising in many

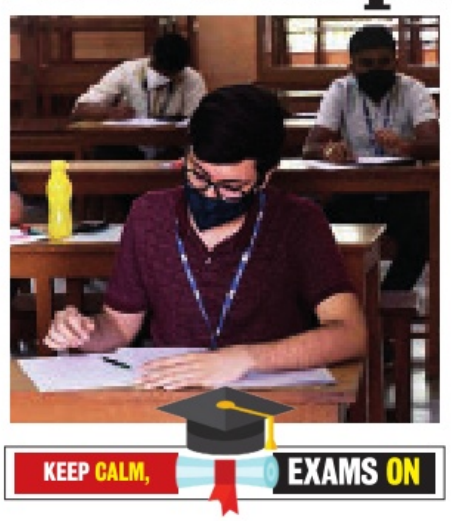
The II PU exams, which were cancelled last year due to the pandemic, are to begin this week onwards and will be conducted offline. Students are feeling stressed and afraid due to the exams and anxiety levels are rising in many.

In some students, these levels may cross the acceptable mark as their stress turns intense, severe, frequent and troublesome. It may affect their performance too. Issues like these must be recognised and addressed immediately.

Awareness, recognition and understanding the manifestations of stress are the first and the most important steps towards solving such problems.

Many people suffer from such stress and have different triggers. In this case, exams, often perceived as a 'threat' by some people, is leading towards negative feelings like fear of inadequacy, incompetence or letting parents down.

These thoughts start to seem so real and raise anxiety levels, fear and depression, and affect esteem and confidence. Students begin withdrawing, become dull and their interest



reduces. Focus, concentration and joy are affected and further affect their productivity and effectiveness in studies.

This further reinforces negative perceptions and often students get trapped in a dysfunctional cycle of negative thoughts, feelings and behaviours including physical manifestations like sleeplessness, loss of appetite, palpitations, sweating, jitters, etc.

When students recognise these experiences, they must begin becoming mindful of them. It is possible to render stress-induced insecurities insignificant with acceptance. They can continue their efforts in studying by smartly modifying methods.

Being organised with a clear and realistic time table, prioritising weaker subjects and topics that carry most weightage, taking time to relax with stretching exercises, deep breathing, meditation and music, good sleep and hygiene always help. Consistent, mindful and smart actions are sure to yield good performance.

— Dr Satish Ramaiah, Consultant Neuropsychiatrist and Sleep Disorder Specialist, People Tree Maarga

HONDA

FOR SUPREME BEINGS.

25 YEARS
Honda in India

Experience the pure exhilarating rush
of the advanced 5th Generation City.
Crafted immaculately for Supreme Beings.

Honda Cars India Limited is proud to complete 25 years of its presence in India. Log on to www.hondacarindia.com for more details.

BENEFITS UP TO
₹30 000*

CITY
RUSH OF SUPREMACY

LONGEST SEDAN IN THE SEGMENT* | 9 LED ARRAY HEADLAMPS, LED DRL & TURN SIGNAL | CONNECTED CAR WITH ALEXA REMOTE CAPABILITY & WORKS WITH OK GOOGLE^ | NEXT GEN HONDA CONNECT+ WITH 5 YEAR SUBSCRIPTION

LOW INTEREST RATE OF 6.75%ø | **INITIAL LOW EMI - ₹899ø PER LAKH** | **LONGEST TENURE UP TO 10 YEARSø**

Exclusive benefits for Teachers, Farmers, Doctors, Lawyers, Architects, Finance Professionals, Pensioners, Government Employees & Select Corporates. Select models available through GeM & CSD. T&C apply.

OUR DEALERSHIPS AND SERVICE CENTRES ARE FOLLOWING ALL PRECAUTIONS AGAINST COVID-19.

Routine sanitisation | Temperature check | Mandatory face mask | Social distancing | Contactless booking and delivery

Honda Auto Terrace | Honda ProCARE CUSTOMER SERVICE | 3 YEAR WARRANTY UNLIMITED Kilometres^

Scan now to Book or Buy Honda From Home

*Scheme on select variants/models. ØLoan at the sole discretion of financier/bank partner. Offers and features are model, fuel type and variant specific. Offers include loyalty, exchange and consumer benefits. For Corporate Sales enquiries, write to corporatesales@hondacarindia.com. Images used are computer generated/enhanced for creative representation purposes and may vary from actual product due to printing constraints. Specifications and features are subject to change without prior notice. ^Warranty of unlimited kilometres in a 3-year period from date of sale of new vehicle comes as part of standard purchase. *Segment is defined by midsize sedans with length usually up to 4 500 mm and engine size up to 1.5 litres. ^Amazon, Alexa, and all related logos are trademarks of Amazon.com, Inc., or its affiliates. Please refer to amazon.com for more details. Google is a trademark of Google LLC. +Connect Application is compatible with Apple iOS 11.0 and above, Android 7.0 and above. Connected services are subject to network availability, facility/transmission limitations as per government regulation and permissions in specific regions/locations. Terms and conditions apply.

Magnum Honda
Mekhri Circle **99000 29164** | Kanakapura Road **98455 24394** | Tumkur **99160 04127**

Dakshin Honda
Hosur Road **86575 88495** | Lavelle Road **86575 89201** | Mysore Road **86575 89889**

Brigade Honda
Yelahanka **86575 88450**

Whitefield Honda
Whitefield Road **86575 89175**

Celebrating Karaga, culture in transit

Art in Transit artists paint Chikpet Metro Station with mural depicting 300-year-old festival, after thorough research

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @sridharvMirror

The mural was made considering the sacredness of the traditions, using photographic references

The Chikpet Metro Station is sporting a festive vibe, with a new mural depicting the 300-year-old Karaga festival. Passengers walking into the Metro station will be able to experience storytelling on the walls depicting the narrative of the Karaga festival. Keeping the sacredness of the tradition in mind, the artists, while still exercising creative freedom, have painted traditional scenes using photographic references.

This project is a part of a series of public art projects across Bengaluru, called Art in Transit, by students of Srishti School of Art, Design and Technology as a collaborative effort upon invitation by the BMRCL.

Previously, the students painted the Cubbon Park Metro Station and depicted the story of the well-digging community.

The artwork was commissioned in 2017 when the Metro station was still under construction. Although the mural project was completed in 2019, the station was closed to public due to the pandemic. Reportedly, BMRCL gave artists a grant of more than Rs 4 lakh to complete the project. An artist involved with the project, Yash, told BM, "According to many, Chikpet is considered to be the founding the locality of Bengaluru. We also wanted to change the notion that the trader community does not contribute artistically. We decided to paint the Karaga festival which is a depiction of the diversity and harmony in the area."

He added, the depiction of the festival is significant in these times as society is in such a polarised state.

"We used the magical impressionist's style to capture the festive vibe. Karaga is also a connection to the different bodies of water that Karaga visits. Water is a continuous stitch in the narrative and background is depicted in monotone black-grey talks about the setting of the locality itself," he said. Taking into consideration that many artists involved in the project were unaware of the festival, a lot of research went into it to understand it and learn about it.

> **"We wanted to change the notion that the trader community does not contribute artistically**
> – Yash, an artist

"Many artists were not from Bengaluru. The stories for the murals were mostly from an outsider's perspective... In a bid to find the story from an insider perspective, we walked through spaces and observed the colours, textures and spatial relationships of the area for two months. Karaga became an anchor to depict everything the old city represents -- diversity, plurality, multi-culturalism and the people in the Pete area who unite for the festival irrespective of caste, class and religion. The story of the priest walking on the ninth night through the Pete was chosen to be depicted in the mural," said Aliyeh Rizwi, curator of the project.

Currently, the Art in Transit team is also discussing plans for a mural to promote public safety with the Bangalore City Police.

Bengaluru's Karaga festival representing blend of communal harmony concludes

At a time when certain parts of the state are witnessing a communal flare-up over trivial issues, the centuries- old Karaga Mahotsava in the heart of the IT capital presents a fine blend of social unity and communal harmony. The nine-day mahotsava, organised by Tigalas or the Vanni Kula Kshatriyas, concluded in the wee hours of Sunday, and it was never complete without 'Draupadi Devi' giving 'darshan' to Hazrat Tawakkal Shah Mastan.

"The Dargah of the Hazrat Tawakkal Shah Mastan is to the Dharmaraya Swami temple. The Sufi was a great devotee of our family Goddess Draupadi Devi. He had wished that after his passing way, he would wish to see her every year. Accordingly, the procession stays at Dargah for some time on the concluding day ceremony," the Congress MLC P R Ramesh said.

The Karaga festival is unique to Bengaluru. The city may be the only place in the country which has Swami Dharmaraya Temple or the temple of Yudhisthira, say people from Tigala community.

Every year in the Chaitra Maasa, or the first month of the Indian lunar calendar, the procession of Draupadi Devi is taken out from the Dharmaraya Temple in the heart of the city near the head office of the BBMP, which passes through various areas before concluding.

A crowd of worshipers celebrating Karaga at Dharmarayaswamy Temple at Tigalarpet

On the last day of the nine-day festivities, Pete Karaga is celebrated where the temple priest takes out procession holding the deity decorated with jasmine, on top of his head. Carrying the deity, the priest in turmeric-soaked clothes takes the Karaga to different places in and around the Dharmaraya temple. It goes to Karagana Kunte, a tank inside the Cubbon Park where Pongame oil tree is worshipped. It also goes inside the BBMP head office where special prayers are performed in a centuries-old temple. The Karaga also goes to the Dargah abiding by the wish of the Sufi.

"The Dharmaraya Swami temple was built during the Ganga rulers. The Karaga festival has some 800 years of history but the tradition of visiting Dargah started some 200 years ago, which continues till date," Ramesh said.

In keeping with the centuries-old tradition, the Pete Karaga visited Dargah and the festivities concluded early Sunday, he added. – PTI

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Bad road
JP Nagar

The 23rd Main Road, 18th Cross, 5th Phase, has been in a bad condition for the past two years since BBMP carried out repair works here. It is especially difficult during rains to use the road, a reader wrote to BM.

Pathbreaking
Banashankari

The pavement on 10th Main Road in 1st Stage is in a terrible condition. BBMP must repair it.

Parking trouble
Jayanagar

Folks have been ignoring the signs and parking vehicles in 'no parking' zones, including pavements, on 33rd Cross in 4th Block.

Loan shark, cops' NCR move prove double blow

Bellie Thomas
bellie.thomas@timesgroup.com
TWEETS @Bellie_Mirror

A man, who got duped of Rs 10 lakh by an agent after taking a loan, claims he further got the wrong end of the stick from the police too. He had pledged his car and taken a loan of Rs 12 lakh in March 2020 and got duped. When he went to the Jayanagar police, he claims they only filed a Non-Cognisable Report (NCR) last week, stating that he was av victim of a conspired fraud.

In 2019, Dr Chaitanya, a neurosurgeon and a resident of Rajarajeshwari Nagar, came in contact with one Arun Ramaiah through one of his high-profile contacts in the British High Commission.

As he had plans to start a hospital in the city, Dr Chaitanya was in search of a few investors for which he contacted Arun. Since the plan did not materialise, he dropped the plan of finding investors but instead sought a personal loan of Rs 12 lakh from Arun and pawned his BMW 530-D. "Arun sourced the money from a financier and told me he would take a commission and offered me Rs 10 lakh. This was in March 2020, just before the onset of pandemic," Dr Chaitanya said.

Doctor claims after a loan transaction went horribly awry for him, police response too has proved unsatisfactory

Over the period of months, the doctor repaid Rs 13 lakh, including the interest and demanded that he get back his luxury sedan. Meanwhile, Arun was giving him lame excuses about the car and was postponing its release. One day, the financier, identified by the police as one Bhargav came in search of Dr Chaitanya and informed him that he has not gotten any principal amount or interest from Arun as promised.

Bhargav told the doctor that if he didn't get the money, he was going to sell the car. Dr Chaitanya arranged for Rs 10 lakh and paid the financier Bhargav thinking that he will be able to recover the money from Arun, but Arun started avoiding his phone calls. Bhargav called up Dr Chaitanya and demanded that he pay up the interest of Rs 1.5 lakh for the loan he had availed or else he would present his blank cheques and get it bounced. Later, Dr Chaitanya approached the Jayanagar police and narrated his plight.

Under-water experience we don't quite like

KAUSHIK JN

Ravi, a Byatarayanapura traffic police cop, clears drain to fix water-logging at Inner Ring Road; (below) Chikpet flooded

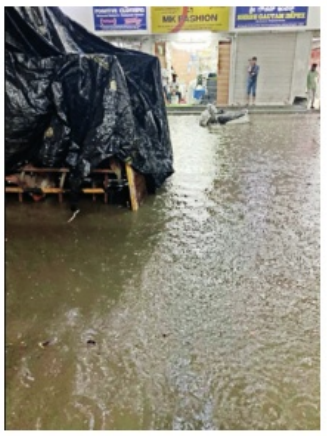
Sunday takes a chill pill

Saturday saw the third highest single-day rainfall record in last decade for April. With more rain forecast, there's a sinking feeling in Bengaluru

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

A week ago, summer was at its peak in Bengaluru with sweltering heat. However, the weather has now changed dramatically in the once AC city of India. On Sunday, Bengaluru's weather mostly resembled that of a hill station with cool breeze, which was gusty at times. The Met department had even sounded an orange alert for the City on Sunday.

Meteorologist Sadananda Adiga said, "The change in City's weather is due to multiple factors. Firstly, there is a trough extending from Vidarbha in Maharashtra to the north interior parts of Karnataka at a height of 900 metres above sea level. Apart from this, there is an upper air cyclonic circulation over Lakshadweep and another upper air cyclonic circulation extending from coastal Andhra Pradesh and Tamil Nadu. As a result of these weather systems, rainfall was predicted for the City even on Monday as well.



The City's temperature fell by three to four degree Celsius."

In fact, the rainfall has been widespread in south interior Karnataka. Hirekerur in Haveri district received a maximum of eight cm of rainfall and Hassan seven cm. Coastal Karnataka is likely to receive rainfall for the next day.

Record rainfall

Many areas in the City on Saturday received rainfall exceeding five cm. This is said to be the third highest single-day rainfall record in the last decade for April. The City had reported 6.5 cm of rainfall on April 24 last year and 5.3 cm of rainfall on April 24, 2015. The record so far is 10.8 cm of rainfall reported in the city on April 19, 2001.

Businesses hit

As it has been pouring in the evening for the last few days, many businesses have been hit with customers preferring to stay indoors.

Haris S, who runs a kirana shop, said, "Most of our businesses are active in the evenings when customers return home after work. However, for the last four days, we are hardly seeing any customers as they don't want to step out due to rainfall. Although this was common during the monsoon months, this time we are facing a dip in business in April itself."

Ravi Kumar, who owns a panipuri shop said, "As we all know that the chats are usually in the evenings. We get only a few hours to do business in the day and our business is completely washed out due to rainfall. While it is sunny in the morning, we prepare the food assuming that we will have a good crowd but the rains are chasing away people."

IN BRIEF

Child killed in freak swing accident

An eleven-year old girl died after getting entangled in a plastic rope while playing. The incident was reported from Magadi taluk in Ramanagara. Sources said that the victim has been identified as Bhavana Dixit. While her parents were on the ground floor, Bhavana was alone on the first floor, playing with a swing. Police said that her parents got suspicious when they didn't hear anything from their daughter for a long time. On going to the first floor, they saw Bhavana in an unconscious state as her head was entangled with a plastic rope. She died on the way to hospital.

Cab driver stabbed

A cab driver suffered injuries after he was stabbed by unknown miscreants. Police said that the victim Dilip was driving a cab when three miscreants stopped his cab. The miscreants then took the knife to stab him before fleeing from the spot. The onlookers rushed Dilip to a nearby hospital where he is being treated now. Madivala police have registered a case and are investigating.

'State's corruption at highest level'

The Karnataka Congress will not rest till a case of corruption is lodged against K S Eshwarappa, an accused in civil contractor Santosh Patil's death case, state Congress chief D K Shivakumar said.

Following a political furore on the issue, Eshwarappa, against whom police have registered a case of abetment to suicide, resigned as the Rural Development and Panchayat Raj (RDPR) Minister Friday night.

Shivakumar alleged that corruption in Karnataka has reached the "highest level" and the Congress will launch a movement across the state to reach out to the people at village and taluk-level to expose the "corruption" under the BJP regime.

He also said that the party wants the high court to intervene in the case and ensure that justice is delivered to the family of the deceased contractor Santosh Patil, who prior to his death had made serious charges of corruption against Eshwarappa.

Eshwarappa is the second minister in the BJP government in Karnataka who had to resign in the last two-and-a-half years. Last year, Ramesh Jarkiholi had to resign in the wake of a controversial CD scandal against him.

A good platform to scout talent

With just a week left for the much-anticipated Khelo India University Games, the excitement in the hockey circles is palpable as the top eight teams gear up for the action which gets underway here at the Field Marshal KM Cariappa Hockey Stadium.

Former India hockey star VR Raghunath believes this is a great platform for aspiring hockey players, particularly those within the Under-21 age group to showcase their talent and get recognised. "I feel this is a very good platform that the government of India is providing for budding players, especially those who are between 17 to 21 years of age," he said.

ANI

Your Connect

TO BOOK YOUR TIMES INTERACT ADS
Stay safe. Stay home.
Call/mail us for contact-less ad booking. To book your Times Interact ads
Call 080-23338111 / 9986482217
Email: ebenezer.winston@timesgroup.com
All digital payment solutions available

real estate

BANGALORE PROPERTIES

JP NAGAR

3BHK Ready2Move FLAT FOR SALE with Cauvery water and Lift in JP Nagar near Nandhini Hotel. 1290sqft, Rs.79Lks+Reg. Ph : 97397 02982, 97397 03182

PROPERTY ANCILLARIES

COMMERCIAL PREMISES

SALE: CORNER INDUSTRIAL SITE OF 14106 SFT, ELECTRONIC CITY PHASE II (SHANTIPURA), NEAR TCS & BEHIND HP PETROL BUNK. OWNER: 9845400445

INDUSTRIAL PREMISES

14500SQFT GODOWN for Rent in Doddaballapur Bangalore North with all basic facilities located on scout camp Main road Contact : 91132 81126

LEASE & RENT

HANUMANTHA Nagar 3 BHK Ground,1st & 2nd Floor Available for Rent with 2 wheeler & 4 wheeler Parking with Shelter. Call:9449708519.

jobs

SITUATION VACANT

ACADEMIC

GENERAL

REQUIRED Female Education counselor with 6m-1yr exp, for educational centre. Salary upto 10-15k,Call- 7899371993 ,Jayanagar 4th "T" block.

ACCOUNTS

BANKING

DELTA Finserv we have immediate openings Ulsoor Br. For 15 BDM for home loan, LAP and BL. Min. 1 years of exprs in same industry. Salary start from 3.00 lacs PA + Incentive. Call Yogi 9739878898.

ADMINISTRATION

MANAGERS

New Branch Hiring.
Opportunity for Retired, VRS, Self Employed, Teachers, Homemakers Fixed Pay & Incentives.
Location:- Peenya, Dasarahalli, R R Nagar.
Contact:- 7411088997

SENIOR / TOP MANAGERS

Hiring ASSOCIATES for Financial Industry
Flexible Work Culture / Working hours. Base Pay + Profits Shared Monthly.
Training Provided at office Earn:-65k-1.2 L p.m
Age 35+ APPLY NOW!
9036299610 / 9035303572

IT RELATED

DATA ENTRY OPERATORS

REQD. M/F Data entry operator, TL, Day/Night Shift, Salary 12k to 15k, Walk-In interview: #1, HBR layout 3rd Blk, Near: Hennur Bus depot, Ph: 9513417154 / 9886998454

MEDICAL

MEDICAL

BANGALORE BAPTIST HOSPITAL
Bellary Road, Hebbal, Bangalore - 560024
REQUIRES
CONSULTANT FAMILY MEDICINE
MD/DNB (Family Medicine/ Community Medicine) with 0-2 yrs exp
MEDICAL OFFICER
MBBS with experience
Apply Immediately To : DIRECTOR (CEO)
Mob: 9448496617
Ph:22024490/390
baptisthospitalhr@gmail.com
hr@bbh.org.in

OTHER VACANCIES

WORK FROM HOME

EARN Extra income 60000 pm zero investment WFH, Excellent opportunity for Rtd/VRS/ govt Emp, CA,Tax consultants, H wives- 8660744988, 7411358386

GOVERNMENT Affiliate Data Entry Typing Work From Home, Daily Payment, No Target, No accuracy, with Govt Bond. For details M:9742344447

SITUATION VACANT

Urgent Hiring
Fulltime Tele Sales Job for Awign in Bengaluru
Salary : 25000 fixed per Month
Immediate Joining Required with 6 months of Tele Sales Experience. Must be proficient in English.
Work from Office HSR Layout.
Timing : 10AM - 7PM
Call or Whatsapp
✆ 7075638468

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

GALLERIA

St. Benedict's Academy Residential
ADMISSION OPEN FOR 2022 - 23
CBSE School & PU Colleges for Boys & Girls
Fee, Food, Hostel facilities for One (1) Year-95000/- in Installments
Free Academy for NCC, Karate, Kung Fu-Wu, Counseling, Yoga.
St. Benedict's Group of Institutions,
Anchpalaya, Kengeri, Mysore Road, Bangalore.
Contact: 9740245828
Mail: jeromeosb@gmail.com / www.sbab.in

tender & notices

COURT NOTICE

NOTICE

O.SUIT NO. 50 OF 2018 (6TH ADD. DIST JUDGE), ALIPORE, SOUTH24 PARGANAS

AMITAVA BOSE, son of Late Satyendranath Kumar Bose, of 22, Block- H, News Alipore, Post Office and Police Station- New Alipore, Kolkata-700053, Dist South 24 Parganas.

.....Plaintiff

VERSUS

1. JOE PAUL FERNANDES, father's name not known
2. DOYITA FERNANDES
3. PRIYANKA FERNANDES

2 & 3 daughters of Joe Fernandes, all residing at C/o. Pragayan Priyanka, 110 3rd Cross (Gr. Floor), 8th A Main Jakkasandra Koramangala 3rd Block Bangalore – 500 034

4.Bonani Framjee

Wife of Norshir Naval Framjee, Daughter of Late Satyendra Kumar Bose, 22, Block – H, New Alipore, post office and police station – New Alipore Kolkata – 700053, District, south 24 Parganas

..... Defendants

It is to be notified that plaintiff has filed above suit for grant of probate of Will left by mother Malina Bose. If anyone is interested in this matter be appear either personally or through Advocate within 30 days from the date of this publication

BY ORDER
Sheristadar

personal

CHANGE OF NAME

I, Nandhini Palanivel, D/o L. Palanivel, R/O 75, TNHB Colony, Gandhigramam, Karur- 639004, Passport No. F8262772, Dt 25/05/2006, Change my name Nandhini Palanivel to Nandini P. Gowda for all purpose Tamil Nadu Government Gazette affidavit no. 197/2009 dated July 29, 2015.

In not-so-placid waters

CONTINUED FROM PAGE 1

Corporate Social Responsibility (CSR) opportunities to secure funds. Subsequently, after receiving Rs 43 lakh, lake rejuvenation commenced on March 1.

Explaining the process of rejuvenation spread over 44 days, Malligawad said, "Within 44 days, we removed all the solid waste from the lake, desilted the waterbody and built bunds all around it. To prevent further garbage dumping, fencing was done. The lake capacity has now been increased to 58,000 cubic metres with a current water holding capacity of 5.8 cr litres."

With support from gram panchayat, the chemical effluent inlet into the lake was completely stopped, according to Malligawad. He added, "An 8-ft walking track was constructed around the lake. 15-20 saplings were planted. To prevent soil erosion, slopes have been planted with wedelia that has a 9-month flowering season and will require less watering during summers. Stones benches have been set up around the lake and a dedicated senior citizen spot has been built as well."

"The rajakaluves have been cleaned; inside the lake, we have created a protection system to capture the solid waste coming from the rajakaluves. Different compartments have been formed in the lake to prevent silt from entering," Malligawad explained.

In addition, awareness drives were conducted in nearby villages to prevent pollution of the lake. A few floating wetlands were deployed to absorb the remaining impurities. The team also plans to conduct clean-up drives every three months; once the community attains collective social responsibility, the lake will be handed over.

According to Malligawad, this one was the toughest rejuvenation of all lakes: "Usually, I use only four earthmovers for a 15-20-acre lake area. Here, the 3-acre itself required 4 earthmovers. On the right side, we have the highway; along the highway, there are high tension wires and the wires from the substation passing along the lake. On the left side, there is a private property. Karnataka Electricity Board (KEB) has also made a lot of earth pits," he added.

Malligawad is planning to conduct the second phase of the rejuvenation after the KEB substation is relocated. "Out of the five acres, two acres went to KEB. The land was sanctioned to KEB in 1996. It's a 60KW substation in the lake bed. We have approached the MLA for help in relocating the substation by allocating the KEB another two acres," he added.

Lake experts, meanwhile, raised concerns about Malligawad's rejuvenation methods.

"Approval from Karnataka Tank Conservation and Development Authority (KTCDA) is required while rejuvenating a lake. The rejuvenated waterbody must also meet engineering standards. Rejuvenation must be commenced after securing an approved Detailed Project Report (DPR); it's illegal to rejuvenate without it. Failure to abide by the set standards and rules, will attract penalties," said Ram Prasad, Founder of Friends of Lakes.

The lake rejuvenation was commenced without an approved DPR and the waterbody has not received grading from the pollution control board, Malligawad told BM.

Citing the delay in acquiring DPR, Malligawad added, "To get DPR and approval, it takes years. There are too many procedures and levels; we won't be able to complete even one lake rejuvenation in five years."

Making pools safe for kids

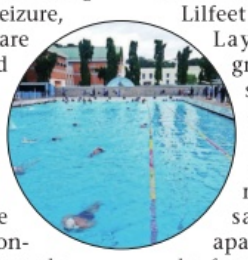
CONTINUED FROM PAGE 1

and the child was put on ventilatory support as he was comatose and not breathing. He was then shifted to the Paediatric Intensive Care Unit (PICU) and mechanically ventilated for two days and extubated on the third day of admission. CT brain scan showed no significant hypoxic damage or bleeding. Antibiotics were given to reduce infection due to aspiration of contaminated and chlorinated water, along with anti cerebral oedema, seizure, and other medications. We are happy that the child recovered well and was discharged with normal neurological status."

Due to pandemic-induced restrictions, many pools in the city were closed for a long time; children have forgotten to follow precautionary measures. Those in their early adolescence are just happy with the pools having opened and are not cautious about themselves while jumping into pools.

It was pointed out that swimming related injuries such as laceration, muscle sprain, ear and lung infection have increased significantly.

With some of the parents going to work, children are enjoying summer holidays swimming in apartment complex pools without any guidance or support.



Dr Senthil added, "Proper regulations, guidelines, and safety measures are to be implemented in apartments to ensure the safety of kids and pets. Children should never be allowed to swim alone and parents should always accompany them. Apartment swimming pools should have pool hours and have trained lifeguards available. Even one should not keep a bathtub or bucket filled with water in bathrooms; small children can drown within seconds."

Pediatrician Dr Sreevidya S of Lilfeet at Altius Hospital, HBR Layout, said, "The age groups which are prone to such incidence are toddlers and children between 3-9 years of age, as they do not have much knowledge about safety precautions. In apartments, pools need to be fenced and kids should not have access to pools without adults. Availability of life jackets and floaters should be ensured. Parents should have basic CPR skills during an emergency."

According to Dr Sreevidya, children who have seizure disorders or are on cold and cough medication should be closely supervised, as the medications taken by them would make them feel drowsy while they are in the pool: "It definitely is not safe for them."

(*name changed)

E-rides overtake e-drives

In city, 2-wheeler sales account for over 90% of non-transport electric vehicles in last five years; 23,570 e-bikes registered between 2017-2021; cars not catching on

Garima Prasher
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMirror

Private electric two-wheelers are witnessing increased sales in Bengaluru with sales accounting for over 90 per cent of all non-transport electric vehicles in the last five years. According to official data on the registration of all private electric two-wheelers and four-wheelers, the adoption of electric cars in the city has been minimal.

While 23,570 electric two-wheelers have been registered between 2017 and 2021, only 2,141 registrations were made for electric cars. Experts say high initial cost and anxiety about the technical superiority of electric cars over conventional four-wheelers are some of the reasons behind this low rate of adoption.

Dr Ashish Verma of the Sustainable Transportation Lab at the Indian Institute of Science said, "Data shows that the rate at which the government would like the adoption of electric four-wheelers to rise is still not happening. A lot of policy push is required. The biggest trigger for promoting the adoption of electric cars can be the lower cost of owning these vehicles. The need of the hour is to come up with more and more initiatives to bring down the cost."

The question of the technical superiority of EV cars over internal combustion engine (ICE) vehicles weighs heavy on consumers' minds. "I am still not sure about e-cars. Not only are the options limited in the market, but I also am still not sure if I will get an EV vehicle with a similar level of technical features as compared with an ICE four-wheeler," said a citizen.

Year	No of two wheelers (non-transport) registered	No of four wheelers (non-transport) registered
2017	26	304
2018	706	226
2019	3016	133
2020	4581	425
2021	15241	1053
Total	**23570**	**2141**

Lack of charging infrastructure and related uncertainties are some other factors contributing to people abstaining from going for these four-wheelers. Experts say while the expansion of charging infrastructure in and around the city is at a nascent stage, it will play a critical role in boosting the penetration of electric cars.

Concerning the market forces and technology readiness, commercially-owned EVs are more attractive.

Experts opine that while high cost and range anxiety are the factors responsible for the low number of electric car owners, commercial four-wheelers EVs are the low-hanging fruits. "Higher utilisation of commercial electric cars leads to a better return on the upfront cost. However, for private vehicle owners, even though an electric car makes sense when it comes to commuting within the city limits, long trips are still not possible. There is no charging infra on highways. However, BESCOM's recent announcement about the installation of charging stations across the highways around the city might lead to a boost in the sale of electric cars," said Dr Vinay S Kandagal, Research Scientist at CSTEP.

According to experts, the adoption of electric vehicles in the four-wheeler segment is lagging and the rate of adoption of electric cars will shape up depending on how the governments go about the policies. "As of now, adoption of electric cars has been slow. While the economies of scale may bring down the cost of EVs in near future, innovation in battery and battery technology will play an important role. If the battery cost can be brought down by indigenous manufacturing, it will boost the adoption," added Dr Verma.

While battery swapping is a possible alternative to charging infrastructure, this technology too is at a nascent stage and lacks clarity on ways of implementation.

With no revision in the state EV policy around this time, experts are attributing it to the impact of covid on the general behaviour of people.

BM UPGRADE TO AN ELECTRIC VEHICLE
TOWARDS A GREEN BENGALURU

CHARGING POINT

EV makers told to recall batches involved in mishaps

As more and more electric two-wheelers catch fires in the country, NITI Aayog CEO Amitabh Kant on Wednesday asked EV original equipment manufacturers (OEMs) to voluntarily recall batches involved in the EV fire incidents.

He said that the time is ripe for the EV industry to instill a sense of confidence in consumers the way global automakers do by voluntarily recalling their vehicles over fire risks.

"Manufacturing of (battery) cells isn't regulated. Battery management system needs to be strengthened. There has been a clear partnership between battery manufacturing and battery management," he was quoted as saying in the CNBC report.

Union Road Transport and Highways Minister Nitin Gadkari has said that the EV fire incidents may have taken place due to higher temperature. "This is a very serious issue and we have ordered a forensic investigation into each individual event," said Gadkari in Lok Sabha on March 31. The government is also reportedly preparing comprehensive guidelines for the EV industry after several fire incidents were reported across the country. Last week, several electric two-wheelers caught fire in Nashik. **IANS**

Electric Bharatmala ride connects India's EV ecosystem

Dona Dey
c-dona.dey@timesgroup.comm
TWEETS @BangaloreMIRROR

At a time when e-mobility is becoming almost every Bengaluruean's choice, seven startups joined hands and decided to take the enthusiasm to a higher level… literally!

Bengaluru-based startup Orxa Energies, along with other collaborators, formed 'StartupnREV' for a around-India ride called the Electric Bharatmala. The ride was aimed at addressing the roadblocks in India's journey towards improving electric mobility, on which, their flagship electric two-wheeler, covered 13,510 km in 54 days, crossing the previous record of 12,379 km by an electric motorcycle.

The ride that began in Bengaluru on February 4, concluded on March 29 as the riders returned to their base. The riders traversed through 20 states and two Union Territories. The bikes were ridden up the coast abutting the Bay of Bengal, grazing past the foothills of the mighty Himalayas, through the immense heat of the Thar desert and the Rann of Kutch, down the coast along the Arabian Sea and winding along the Western Ghats. The ride was powered by seven startups that came together to address the roadblocks associated with the adoption of electric mobility in India.

Orxa Energies, a startup aiming high in the field of electric mobility and battery solutions, has announced that The Mantis, an all-electric motorcycle, will be released soon. The collaborators for the ride include Bolt, a startup that has been instrumental in installing electric vehicle charging stations across the city and the country. Thanks to the ride, there are now 68 new Bolt charging points set up in 17 smaller cities like Forbesganj, Sangrur, Sitapur and Vapi. These points are now open to the public to charge their EVs which further facilitates the electric revolution to percolate into smaller cities and towns.

EV charging stations were also set up in the Northeast in Darjeeling, Dimapur, Cherrapunji, Cooch Behar and Guwahati, contributing to the infrastructure required to propel the government's ambition of mass scale shift to electric mobility soon. "From fixing broken parts, to EV servicing and battery swaps, SpareIt ensured that the Mantis's were ride-ready through the 54 days," says Romi Chugh, Co-founder, SpareIt.

Ranjita Ravi, Co-Founder of Orxa Energies, told Mirror that if green charging that includes solar charging of batteries gets popular in India, the EV ecosystem in India will reach a new level."

Unease erupts

- 40 held over stone-pelting at police station in Hubballi
- Stone-pelting in Haridwar; skirmish in Kurnool
- Tensions high in Jahangirpuri after Saturday's violence

#Hubballi

As many as six cases were registered in connection with stone-pelting that took place on Saturday night at Old Hubli police station leaving four policemen injured in Karnataka's Hubli, said a police official on Sunday. 40 persons involved in the violent act have been arrested and a probe into the matter is underway.

Speaking to ANI, Hubballi-Dharwad Police Commissioner Labhu Ram said, "Last night, a case was registered at Old Hubli PS, where a complaint was filed against a person for uploading a video on social media; the accused was arrested."

"Later, a mob gathered outside the police station tried to damage police vehicles. Mob also pelted stones at police officers. six cases were registered, and 40 persons involved in this violent activity were arrested. A probe into the matter is underway," he added. There are reports that the mob demanded action against a person who kept objectionable WhatsApp status. There are also reports of protesters pelting stones from nearby Hanuman temple and a hospital. Following the stone-pelting, section 144 was imposed in the city. "Section 144 was imposed in the city and the situation is under control," said Police Commissioner Labhu Ram on Saturday.

Police patrol after violent clashes in the area over an objectionable social media post, in Hubballi on Sunday. (Below) A damaged police vehicle after incidents of stone throwing in some areas of Old Hubballi

Security up in Haridwar

Heavy security was deployed across Haridwar following the incident of violence and stone-pelting in the Bhagwanpur area of the city on Saturday. The procession in the village was being conducted on the occasion of Hanuman Jayanti when the incident reportedly occurred in the late-night hours leaving numerous people injured.

The police reached the spot and took charge of the situation. "Stones were pelted by unknown persons and the search operations have begun to arrest the miscreants. Yes, injuries have been reported but no police personnel was injured. Over 60 police personnel have been deployed in the area," said Senior Superintendent of Police (SSP), Yogendra Singh.

Skirmish in Kurnool

A skirmish led to stone pelting between two communities at Holagunda village in Kurnool district of Andhra Pradesh but the situation has returned to normal after police intervened and pacified both the sides, police said on Sunday. The skirmish occurred on Saturday night while a religious procession was being taken out. —Agencies

Jahangirpuri violence: 14 arrested

#New Delhi

Fourteen people, including the "main conspirators", were arrested over the violence in northwest Delhi's Jahangirpuri, where an uneasy calm prevailed on Sunday as companies of anti-riot police patrolled the streets and people mostly stayed indoors. To cool tensions, the Delhi Police held a meeting with members of Aman (peace) Committees, and asked them to counter rumours and appeal to people to maintain peace.
Adarsh Nagar BJP Councillor Garima Gupta blamed illegal Bangladeshi immigrants for the violence and tried to raise the issue during the meeting. But, the police officer in the meeting told her she was digressing from the issue, she said. Eight police personnel and a local were injured in stone-pelting and arson after clashes broke out on Saturday evening.

Rapid Action Force personnel keep vigil at Jahangirpuri

'China has installed mobile towers close to Indian territory'

Chushul Councillor raises red flags over towers near Chinese side of Ladakh border, rapid infra development

#Chushul (Ladakh)

After China constructed a bridge over the Pangong lake in Ladakh, a senior official of the Chushul region has claimed that it has now installed mobile towers near its side of the border.

Chushul Councillor Konchok Stanzin in a tweet flagged the issue and claimed that three mobile towers have been installed near China's hot spring very close to the Indian territory. "After completing the bridge over Pangong lake, China has installed three mobile towers near China's hot spring very close to the Indian territory. Isn't it a concern? We don't even have 4G facilities in human habitation villages. 11 villages in my constituency have no 4G facilities," Stanzin said.

The Councillor pointed out that the towers could be used to observe our territory and communicate details. He also claimed that China is "doing rapid infrastructure development" on its side of the border.

Urging the government to equally counterattack China's move in terms of development, Stanzin alleged that in maximum border villages, India does not 4G internet service. "In my constituency, out of 12, 11 villages do not have 4G internet facilities. We should take it seriously. We are lagging in the communication facility. We only have one mobile tower whereas on their side, they have nine towers," he said.

File photo of Indian troops moving towards Ladakh along strategic highway near disputed border with China

In February this year, Minister of State for External Affairs V Muraleedharan had informed the Lok Sabha a bridge was being constructed by China on Pangong lake in areas that have continued to be under the illegal occupation of China since 1962, adding that the Government of India has never accepted this "illegal" occupation.

In the summer of 2020, the Ladakh border standoff between India and China erupted following a clash of the Armies in the Pangong area. The situation escalated after the Galwan Valley clashes in June the same year. Both the countries shave held 15 rounds of talks for disengagement to defuse the tensions in the area.

WHO chief on 3-day Gujarat visit

#Ahmedabad

Director-General of the World Health Organization (WHO), Dr Tedros Ghebreyesus, will be on a three-day visit to Gujarat starting Monday, during which he would take part in a few events along with Prime Minister Narendra Modi, officials said.

Ghebreyesus will reach Rajkot on April 18, where he will stay overnight before joining PM Modi on Tuesday in Jamnagar for the foundation stone-laying programme of WHO Global Centre for Traditional Medicine (GCTM), Rajkot Collector Arun Mahesh Babu said on Sunday.

GCTM will be the first and only global outpost centre for traditional medicine across the world, he said.

On Wednesday, Ghebreyesus will be in Gandhinagar, where PM Modi is scheduled to inaugurate the Global AYUSH Investment and Innovation Summit. The three-day Summit, being organised at Mahatma Mandir, will have around 90 eminent speakers. – PTI

Want to be part of World Cup, help India cross line: DK

#Mumbai

Dinesh Karthik played a superlative unbeaten match-winning knock of 66 runs off 34 balls to help Royal Challengers to a 189/5 in 20 overs against Delhi Capitals here at the Wankhede Stadium. His knock helped RCB register a 16-run win to take his team to the third spot in the points table.

The 36-year old wicket-keeper batter is using IPL as a platform to claw his way back into the Indian team and win a T20 WC for the country.

"There is a small term goal and there is a big term goal. The small-term goal is to do well for RCB. The big term goal was to play for the country. I know there is a World Cup round the corner. I want to be a part of the World Cup desperately and help India cross the line. It has been a long time since India has won a multi-nation tournament and I want to be that person who is helping India do that because you need to prepare differently and you need to be aware of so many things. Try and be that player where people notice and say hey this guy is doing something special and I want to be that guy," he said in conversation with Virat Kohli after the match.

He said he practises every day with that intent in mind. "And credit to my coach actually to put me to drills and trying to figure out what's the best that I can get out of myself that I go to practise in terms of fitness as you grow old I think it is very important that you are fit," he said.

Dinesh Karthik of RCB walks back at the end of his team's innings in Saturday's match

TRACKING IPL 2022

Expert advises foods to heal your stomach by easing inflammation, boosting immunity

Nurture a good gut feeling

When it comes to your health, your gut is where it all begins. But we often end up ignoring the gut and the balance of good and bad bacteria in it. To maintain proper immune responses and protect the gut from inflammation, good bacteria interacts with the gut lining and the immune system cells. Controlling immune responses is highly beneficial for the treatment of inflammatory bowel disease.

It is these good bacteria that shape and strengthen the immune system. They stimulate positive immune responses, reduce inflammation, and protect the gut from damage. Bad bacteria, on the other hand, cause negative immune responses and encourage inflammation.

To maintain good health, you must maintain a proper balance of good and bad bacteria in your body. Here are the best three foods that will help ease body inflammation and also promote immune health in the body.

High fibre foods

Fibre is a carbohydrate found in plant-based foods that can be classified as soluble or insoluble. Soluble fibre absorbs water and forms a gel, which gut bacteria consume. Insoluble fibre, on the other hand, helps to bulk up your stool by passing through your digestive tract relatively undamaged. This promotes regular bowel movements by allowing food to pass more quickly through the gastrointestinal tract.

Both types of fibre help in better digestion and prevent constipation, which is beneficial to gut health.

Eating a high-fibre diet can also help you avoid gaining weight and developing chronic diseases such as heart disease, type 2 diabetes, high blood pressure, and certain types of cancer.

Choose from fibre-rich foods such as beans, dried peas and lentils; whole grains such as barley, quinoa and brown rice; whole grain foods such as cereals and pasta; and fruits with skins such as apples and pears, blueberries and strawberries, nuts, seeds etc.

Probiotic foods

Living microorganisms, such as the health-promoting microbes found in your gut, are also found in probiotic foods. Probiotic foods can help to increase the number of beneficial bacteria in your body.

Probiotic foods are created by adding microbes to food or allowing a fermentation process to occur in them. These include fermented soy foods, fermented milk, kimchi (fermented vegetables, cabbage: above), kombucha (fermented tea drink), yoghurt, etc.

While buying probiotic foods, always ensure to check for active cultures on the labels, which indicates that the bacteria in the foods are still alive. These living microbes are advantageous because they contribute to the existing community of living microbes in your gut.

Prebiotic foods

Only consuming probiotic foods is not enough. The balance is always essential, which demands that prebiotic foods, too, be added to your diet for better gut health. These are nutrient-dense foods, effective in reducing inflammation and improving immunity, which effectively feed the good bacteria in your body to keep gut health in balance.

Prebiotic foods are foods that naturally contain soluble fibre. They contain inulin and various other soluble dietary fibre. They act as fuel for precise bacteria, thus further promoting the growth of more good bacteria.

Foods such as banana, asparagus, chicory, garlic, leeks, oats, onions and soybeans are rich prebiotic foods to include in your diet.

Other steps

To have a positive impact on your gut, you need a lot of nutrients from a variety of foods. When the diet is more varied, the gut has more access to a variety of beneficial nutrients. Also, to ease inflammation and better immunity, fluid intake must not be ignored. It is necessary to stay hydrated throughout the day. Water not only allows fibre to do its job in your gut properly, but it also keeps your digestive system and the rest of your body running smoothly.

–Reviewed by Dr Archana Batra

MIRRORLIGHTS

5 habits to stick to for good gum health

Did you know brushing only cleans 55 per cent of your tooth's surface? Your teeth might look healthy, but eventually you will face the trouble in life due to a lack of gum care. Brushing twice a day is not sufficient, flossing once a day, preferably before bedtime, is a must. Dr Amruta Dash, Peridontist and Cosmetic Dentist, and Founder of Ivory Smiles Dental Clinics offers tips that you can follow for better gum care.

Clean your teeth, gums and tongue twice daily. Make sure that you are brushing for two whole minutes every single time. Brush along the gum line as well as your tongue. This helps to reduce the bacteria that live on the surface of the gums. If you are just brushing your teeth and not your gums and tongue, then this is not the proper way to brush.

A toothbrush is not able to get in between your teeth and clean the crevices. Plaque and food get lodged into these crevices which causes bacteria to form in between the teeth and gums. Sticky film gets formed on the gums and teeth and causes bacteria formation. Make sure you are flossing once a day with dental floss or a soft pick brush.

Using a mouthwash helps flush

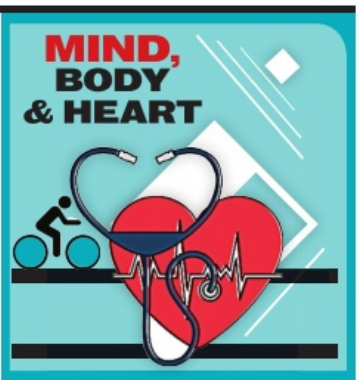
any bacteria in the mouth and reduces the chances of infection. If left untended, these eventually cause plaque to form and lead to gum disease. Make sure you choose a mouthwash that is free of alcohol, since alcohol can dry your mouth and make it hard for bacteria to be flushed out.

You could be doing everything you are supposed to but could still develop gum disease. A dentist can detect these, do a teeth cleaning that helps eliminate the bacteria and give you specific tips to care for your gums.

Even if you take precautions, it is still important to check for signs of gum disease.

Check if you have tender or swollen gums. If you are experiencing any kind of pain or swelling, see your dentist as soon as possible. Watch for loose or separating teeth as this could be sign of a serious problem.

–Femina



All problems solved

Dear Coleen

I'm furious with my husband right now because he wants to take our kids out of school after he fell out with a couple of the dads. It's truly pathetic, but he says we don't fit in there and he's sick of the politics and bitching. Our kids are happy where they are and I don't want to move them. This is all about my husband - he's always been the type of person who makes kneejerk decisions and doesn't think through the consequences.

COLEEN SAYS

You don't say what the argument was about, but it seems pretty drastic to move your kids to another school because your hubby's had a tiff with a couple of the other parents.

Here's the thing, when it comes to school you can be as involved as you want to be, so all he really needs to do is take a step back from it.

So what if he doesn't fit in? The important thing is that your kids are happy, they're learning and they have friends. You shouldn't have to rely on school parents for friendships – often when your kids move on to the next school, you move on from those friendships too.

Maybe once he's calmed down he'll be able to appreciate this, but it's important you stand your ground.

I'm sure your kids will have an opinion, too, so if he won't listen to you, perhaps he'll listen to them.

—Coleen Nolan, Daily Mirror

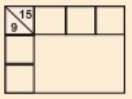
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

SOLVE IT IN A MINUTE

What is special and unique about this number – 8,549,176,320 ?

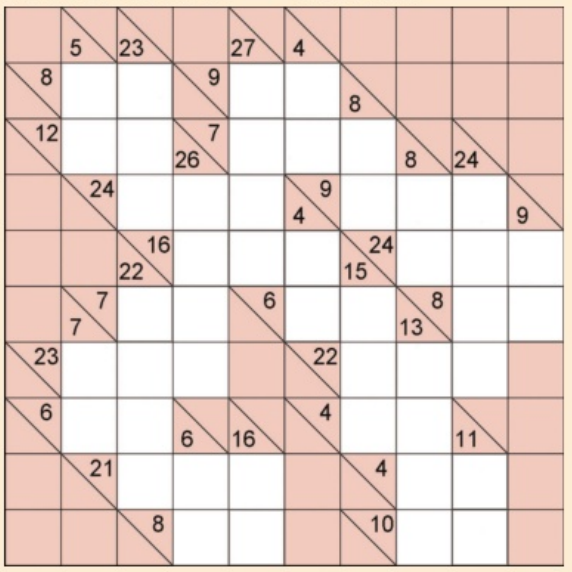
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

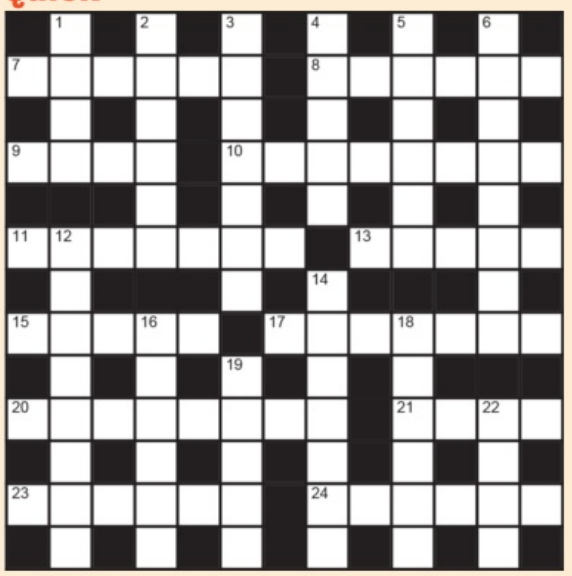


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Scottish dish (6)
8 Flatlands (6)
9 Craggy hill-tops (4)
10 Play a role with restraint (8)
11 Yearned; craved for (7)
13 Sweeping brush (5)
15 ___ Hills: Scenic spot around 60 kms from Bangalore (5)
17 Work effectively (7)
20 Intermittently or occasionally (3,3,2)
21 One time only (4)
23 Help out (6)
24 Nudges or jostles, in a way (6)

DOWN

1 Ring of light (4)
2 Tennis star Andre ___ (6)
3 Made certain? (7)
4 Digging tool (5)
5 More just (6)
6 Eliminate (5,3)
12 Five-armed sea animal (8)
14 Turned upside-down (2-5)
16 Batting legend Rahul ____ (6)
18 Geometric figures of sorts? (6)
19 Changes or emends (5)
22 Chimney covering (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS T

OBM SGAO DGIKXZMGIA XDO VA AOVHH OG OBVWY LGK UGIKAMHL. XHGIP.

Linemaro

If beauty were sunlight, you would shine from a million miles away

Mindchow

The future, according to some scientists, will be exactly like the past, only far more expensive

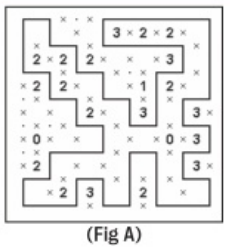
Joke of the day

Q. What did the cat say after eating two robins lying in the sun?
A. I just love baskin' robins

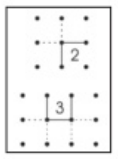
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



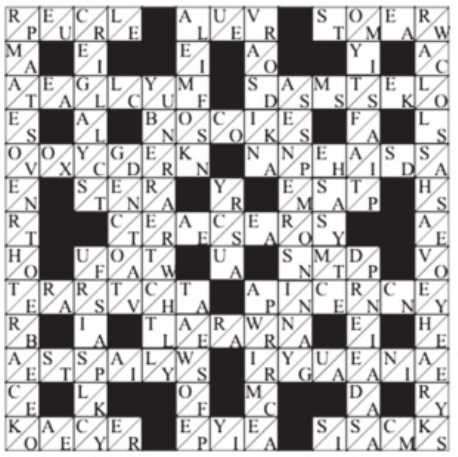
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9			M	

ACROSS

1 SS cad; 6 Comae;
7 Lou in; 8 Ousel;
9 Sperm

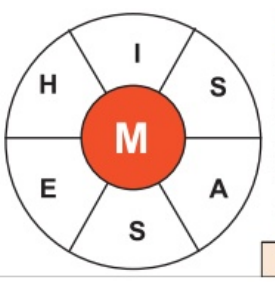
DOWN

1 L cups; 2 Ocean;
3 Ma our; 4 Dimes;
5 Sloes

Mensapuzzle

Which yacht is the odd one out?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

SudokuChallenge

			3		2			
7	9						8	4
	4	3				6	5	
5			4		8			7
		4	9		3	8		
8			6		5			3
	6	1				9	2	
9	5						4	1
			1		9			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

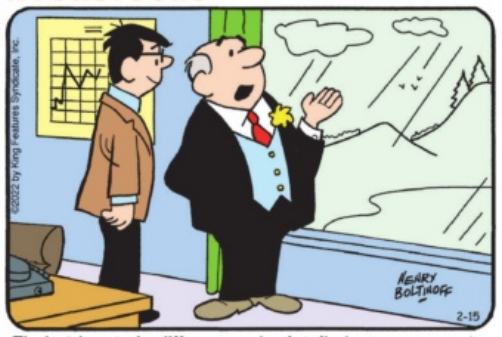
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 16
1 3 5 7

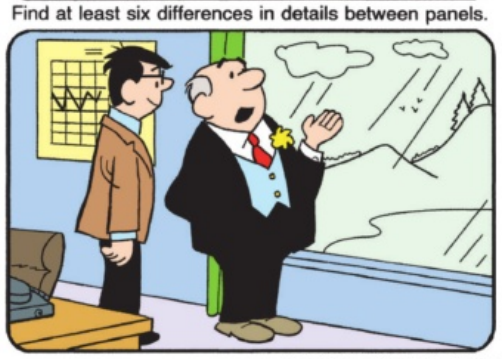
Medium = 19
2 3 4 5

Hard = 8
4 8 8 5

Hocusfocus



Find at least six differences in details between panels.



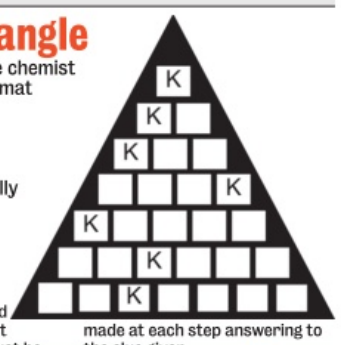
Differences: 1. Vest is shorter. 2. Arm is longer. 3. Chair is taller. 4. Foot is moved. 5. Chart is different. 6. Curtain is not as wide.

Riddler

The following word pairs are anagrams which can be combined to form the name of an animal.Try to figure it out. 1. Zeal, Gel 2. Neat, Help 3. Boa, Luff 4. Bow, Mat 5. Evil, Owner

Alpha triangle

1 Potassium for the chemist
2 Movie: Kahani Kismat
3 The family
4 Kitchen fixture
5 Chess targets
6 Inquiring of
7 Receipts, especially as a profit



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

And now, a brief word from the National Council on Disagreement:
NO
©2022 creators.com 2/12
www.creators.com
This has been a brief word from the National Council on Disagreement.

Hart of the city

NICE BOX.
IT'S MORE THAN JUST A BOX! IT'S MY PRIVATE, PERSONAL SPACE!
2-16
FOUR WALLS TO CALL MY OWN! AND A FLOOR! AND A ROOF WHEN I PULL THE FLAPS IN! MINE! ALL MINE!
SO... YOU WANNA COME IN?
NAH.
www.gocomics.com

Crankshaft

I'VE MOVED MY MAILBOX SO THE SNOWPLOW CAN'T TAKE IT OUT...
AND IT LOOKS LIKE THERE WON'T BE ANY SCHOOL TOMORROW...
SO I KNOW MY MAILBOX WILL BE SAFE FOR AT LEAST ONE DAY!
2-9
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon; you may make new plans in terms of business. Your colleagues may be with you to implement your plans. You may recover your money from your clients, which may boost liquidity in the business. After late evening, you may feel depressed, which may affect your sleep.

Taurus Apr 21 – May 20
Today, you will have control over your opponents and hidden enemies. Decision in legal matter may come in your favour. Your seniors may be happy because of your hard work; you may get new responsibilities in terms of promotion. Singles may find their soulmate.

Gemini May 21 – Jun 21
Today, you may be happy. You may plan to buy some creative stuff, which may improve your lifestyle. You may also spend on your friends and family members. You may plan to make investments in assets. Singles may find a good match. Love birds may enjoy their important moments.

Cancer Jun 22 – July 23
Today, you are seeking peace of mind. But the moon's blessings may help you to focus on yourself. Investments in property and other assets are advised to avoid. You may have some happy moments in your domestic life, but advised to avoid arrogance and ego with your spouse. Disputes with the business partner is likely to be resolved.

Leo Jul 24 – Aug 23
Today, you may be polite with people around you. Many problems may resolve with the help of your way of speaking. There might be some control between savings and expenditure, which may boost your savings. You may spend money on buying some creative stuff to renovate your house.

Virgo Aug 24 – Sep 23
Today, you are advised to control your way of speaking in the family. Your way of speaking may affect your family harmony. You may spend your hard-earned money in buying some worthless stuff to maintain your social status. It is advised to not to keep your money in the pocket. You may face problems related to ears, teeth and throat problems.

Libra Sep 24 – Oct 22
Today is a good day for you. You will have a good vitality and health. You may enjoy your work; domestic life may also be good. Healthy partnerships will give you benefits in terms of business. Job seekers may find a suitable job. love birds shall avoid discussions on self respect issues.

Scorpio Oct 23 – Nov 22
Today, you must control your way of speaking. You should be careful in terms of hidden enemies and opponents. You may be a victim of conspiracy. It is advised to avoid to make investments in risky assets. You must avoid to lend money to anyone; it may not be recoverable easily. You're advised to meditate and do yoga to come out from stress.

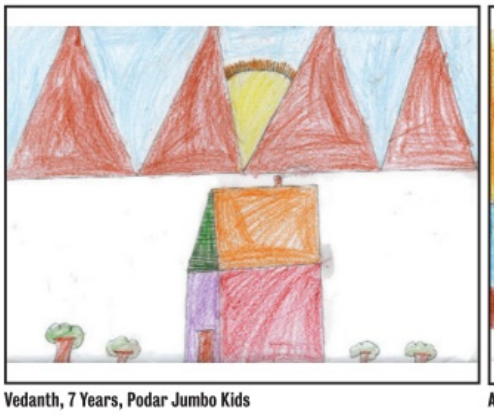
Sagittarius Nov 23 – Dec 22
Today, you will be a victim of negative thoughts. Impatient nature and arrogance will disable you from making difficult decisions. You will be in need of blessing of your elders, which will help you to grow at work. You should avoid making investments in dead assets. Love birds shall avoid discussion regarding bad moments.

Capricorn Dec 23 – Jan 20
Today, you are in the winning position from your opponents and hidden enemies. Your money that was stuck may get recovered today. You may perform your best at work. Today is an important day for love birds and singles regarding decisions about marriage.

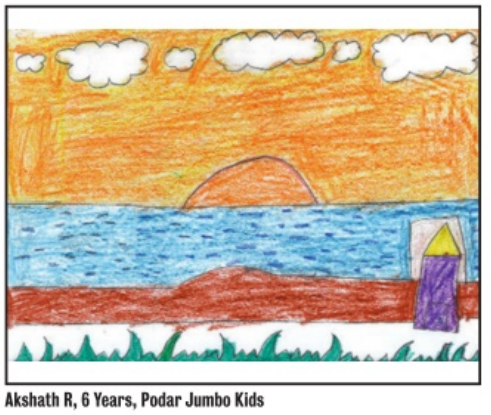
Aquarius Jan 21 – Feb 19
Today is a good day for you. Last week's crisis is over now. You may initiate your postponed projects. You may get reward of your hard work, which may boost your confidence. There will be some profits in your business, which may boost your finance. Natives related to export and import, fashion and dairy may do better.

Pisces Feb 20 – Mar 20
Today, you may feel dull. You may face health issues. Overworking of your mind may make you tired. It may affect your domestic harmony. You may arrive late for a social or family get-together. Losses may incur in the business; it is advised not to invest into new business. Love birds should avoid involving in controversies.

KIDZONE



Vedanth, 7 Years, Podar Jumbo Kids



Akshath R, 6 Years, Podar Jumbo Kids

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
The digits in the number are in alphabetical order: 8 – Eight, 5 – Five, 4 – Four, 9 – Nine, 1 – One, 7 – Seven, 6 – Six, 3 – Three, 2 – Two, 0 – Zero

QUOTE UNCODE
The most courageous act is still to think for yourself. Aloud.

BULL'S EYE
amiss, mash, mass, mesh, mess, MESSIAH, miss, same, seam, sham, shame, smash

FAST FIVE

S	C	A	D	S
C	A	M	E	O
U	N	O	I	L
L	O	U	S	E
P	E	R	M	S

STRIKE OUT

P	U	R	E	L	E	V	E	R	S	M	E	W		
A	E	E	O	I	A									
T	A	L	C	U	M	D	A	M	S	E	L			
S	A	N	O	O	K	S	F	L						
O	X	Y	G	E	N	A	P	H	I	D	S			
N	S	E	A	R	E	A	T	H						
T	R	A	C	E	R	S	A							
H	F	A	T	A	S	T	D	V						
E	A	R	T	H	A	P	I	E	R	C	E			
B	I	L	E	A	R	N	E	E						
A	S	S	A	Y	S	I	G	U	A	N	A			
C	K	O	C	D	D	R								
K	A	V	E	P	I	E	I	S	M	S				

QUICK

H	A	D	S	D	S	L								
A	S	S	I	S	T	E	L	B	O	W	S			
A	I	V	I	D	M	O								
O	F	F	A	N	D	O	N	O	N	C	E			
R	R	E	H	E										
N	A	N	D	I	O	P	E	R	A	T	E			
T	D	U												
A	S	P	I	R	E	D	B	R	O	O	M			
T	O	R	S	U	N	D	E	R	A	C	T			
L	A	S	A	I	O									
H	A	A	S	F	K									

RIDDLER
1. Gazelle,
2. Elephant,
3. Buffalo,
4. Wombat,
5. Wolverine.

MENSA PUZZLE
B. Themast is too far forward.

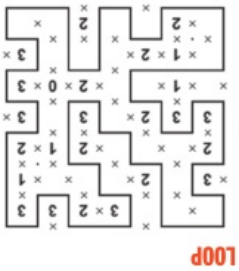
SUDOKU

6	8	5	3	4	2	1	7	9
7	9	2	5	6	1	3	8	4
1	4	3	8	9	7	6	5	2
5	3	6	4	1	8	2	9	7
9	5	8	2	3	6	7	4	1
3	6	1	7	5	4	9	2	8
8	7	9	6	2	5	4	1	3
2	1	4	9	7	3	8	6	5
4	2	7	1	8	9	5	3	6

ALPHA TRIANGLE
K, Ki, Kin, Sink, Kings, Asking, Takings.

GO FIGURE
Easy
3 + 7 + 5 + 1 = 16
Medium
2 × 4 × 3 − 5 = 19
Hard
4 − 8 + 5 × 8 = 8

LOOP



KAKURO

Volume No 15, Issue No 214 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Post-wedding bash
Filmmaker Karan Johar, actors Arjun Kapoor, Aditya Roy Kapur and Gauri Khan were among the celebs who on Saturday attended the post-wedding party of Ranbir Kapoor and Alia Bhatt

BangaloreMirror | 12
Monday, April 18, 2022
mybangaloremirror@timesgroup.com
@BangaloreMirror
Entertainment Industry Promotion

Transformed, but in pink of health

Richa Chadha says her weight loss has nothing to do with societal pressure, but with better fitness

Actor Richa Chadha earlier shared some jaw-dropping pictures from her recent photoshoot after losing weight. Ever since then, the actor has been in the news for her transformation.

While Richa has always been happy about her size, she recently revealed to a news portal that all she wanted to do was become healthier with quality sleep, movement, exercise and improved mobility.

Calling herself a 'victim' of too much workout, she told a newspaper that too much exercise can sometimes be counterproductive to the effort and harm the body.

While Richa has always been vocal about not following the unrealistic beauty standards of Bollywood, she also clarified that her weight loss journey has nothing to do with her previous statements about how filmmakers wanted her to lose weight previously. She said, "If I continue to remain 15-20 kgs heavier in order to justify what I had once said, then that's wrong. If you feel you need to get healthier and live better but someone misconstrues it as I'm finally giving into societal pressure, it's not done!"

On the work front, Richa Chadha will be next seen in 'Fukrey 3'. —ETimes

"If I continue to remain 15-20 kg heavier in order to justify what I had once said, then that's wrong
–Richa Chadha

Breakfast with beau

Suniel Shetty's daughter-actor Athiya Shetty and cricketer KL Rahul are rumoured to be dating for quite some time now. While the rumoured lovebirds have decided to not comment on their dating link ups, their social media PDA speaks volumes about themselves.

On Sunday, Athiya took to her Instagram handle and shared a picture of her breakfast as she shared one with no one other than, KL Rahul. The two who swear by fitness, indulged in some healthy pancakes for the weekend which came topped with trail mix and syrup.

Sharing the excitement, Athiya wrote in the caption, "@rahulkl finally sharing his food."

Recently, Suniel Shetty who shares a close bond with KL Rahul, had dedicated a post to the cricketer. In fact, a few days ago, Athiya, her family and her best friend were spotted cheering for him during a cricket match held in Mumbai's Wankhede stadium.

All in all, it seems like KL Rahul has been warmly welcomed and accepted by the Shetty family. Talking about it, the Indian cricketer had previously shared that he appreciates his bond with Athiya's family.

KL Rahul believes that one can attract the right people around them and following the same rule, somehow he has done it too. He also added that he likes what is going on in his life as it is very simple and exactly what he wants.

On the work front, Athiya last starred in 'Motichoor Chaknachoor'.

Shooting done, DP's back in Mumbai

Superstar Deepika Padukone has returned to Mumbai after completing another shooting schedule for Nag Ashwin's upcoming film 'Project K' co-starring Amitabh Bachchan and Prabhas. Acing the easy breezy summer look, the 36-year-old actor was clicked sporting a beige coloured shorts and blazer co-ord set teamed with a white t-shirt. She paired it with white loafers and had black goggles on.

The movie is a mega canvas, pan India project. Deepika joins the team of the multilingual on the massive set constructed at Ramoji Filmcity as she forays into the sci-fi genre with the film said to be one of the most expensive Indian films of all time. –ANI

Benedict Cumberbatch all set to return as SNL host

Hollywood star Benedict Cumberbatch will be making his return as 'Saturday Night Live' host for the show's May 7 edition where Canadian rock band Arcade Fire is set as musical guest.

According to Deadline, 'SNL' has confirmed that Cumberbatch will be making a return trip to Stage 8H during the April 16 episode featuring Lizzo as host and musical guest.

Cumberbatch, a two-time Oscar nominee, had last hosted the NBC late-night institution in 2016. The versatile actor will stop in at 'SNL' as part of the promo campaign for Marvel Studios' "Doctor Strange in the Multiverse of Madness," which opens May 6. Cumberbatch will also be seen this year in the Netflix fantasy movie 'The Wonderful Story of Henry Sugar', based on the 1982 Roald Dahl book of the same name. The property was adapted by director Wes Anderson.

As per Deadline, Canadian rockers Arcade Fire are set for a notable sixth appearance on 'SNL'. The band most recently performed on the show in March 2018, following stops in 2013 and 2007. –ANI

Why dad Madhavan can't stop beaming with pride

Actor R Madhavan's heart swelled with pride to see his son Vedaant win a silver medal at the Danish Open swimming meet in Copenhagen, Denmark.

Taking to Instagram, Madhavan shared the good news with his fans and followers.

"vedaantmadhavan wins Silver for India at the Danish Open in Copenhagen. Thank you so much Pradeep sir, #swimmingfederationofindia and #ansadxb for all your efforts. We are so proud," he wrote. Alongside the note, the proud father dropped a video of Vedaant from the felicitation ceremony. The 16-year-old Vedaant won the medal by clocking 15:57:86 in the 1500m freestyle event.

After knowing about the glorious achievement, netizens including members of the film industry showered the teenager with congratulatory wishes.

Vedaant had earlier won a bronze medal at the Latvia Open in March 2021 and had bagged seven medals (four silver and three bronze) at the Junior National Aquatic Championships last year. –ANI